

A New Infiltrative Paravertebral Approach for the Cure of Disc Herniation Using O₂/O₃

R. VIGLIOLI

Brescia, Italia

Key words: oxygen-ozone, paraventricular, disc herniation

SUMMARY - *This paper describes a new infiltrative paravertebral approach for the cure of disc herniation using O₂-O₃.*

Introduction

A high number of patients apply for *infiltrative* paravertebral therapy, or 'complaine' for sciatica and/or severe *cervicobrachialgia* given the crippling effect of the pathology. However, it is still the doctor's duty to try to reduce the emotive impact caused by the pain of the event (even if its invasive nature is limited), maintaining or even improving the favourable outcomes of this method.

Materials and Methods

At the Chirotherapeutic Center in Brescia, Italy approximately 850 patients have undergone this new operative model over the last two years. The treatment protocol consists in paravertebral monofiltration of the side of the hernia or protrusive lesion, indicated by clear radial symptomology, using a 0.4×40 mm needle and injecting 4/5 ml of O₂-O₃ gas at an ozone concentration of -30 mcrg to a depth of O₃-ml.O₂ another followed by 2-3 ml to the more surface muscle for a total of six to eight sessions at three week intervals. With no clear radial symptoms, the scheme is identical, being sure however to alternate the infiltrative site (left-right) at each session and possibly also increase the total number of sessions to eight or ten. The patient can be allowed to stand immediately after the bandage is put in place, so as to reduce the clino-orthostatic time, which will drastically reduce postural hypotension which occurs above all in elderly patients.

Results

This method has been carried out for two years with very consistent results. Patients' symptomological improvement, meaning a reduction of

at least 50% of the VAS score, was achieved in approximately 80% of patients, in line with previous findings. There was also a complete absence of adverse side-effects.

Conclusions

The shorter 'therapeutic time', low traumatic nature of the method together with the brevity of the cycle (maximum therapy three weeks) all contribute to lowering anxiety in patients and at the same time making the O₂-O₃ therapy safer and more practical while still maintaining its well-established therapeutic effects. This approach is considerably less invasive than traditional treatment methods, partially due to the thinner needles, and the smaller volume of gas used in each session. However, it is closely linked to the use of needles at least 40 mm long and three weekly treatment sessions.

Dr Riccardo Viglioli
Via Indipendenza 5/a
Brescia -Italy
E-mail: chiarila@alice.it

Copyright of International Journal of Ozone Therapy is the property of Centauro srl and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.